

Whole Grain-rich Ounce Equivalents (Oz Eq) for School Nutrition Programs^{1, 2}

Group A	Oz Eq for Group A
Bread type coating Bread sticks, hard Chow mein noodles Croutons Pretzels, hard Savory crackers, e.g., saltines and snack crackers Stuffing, dry <i>Note: weights apply to bread in stuffing</i>	1 oz eq = 22 grams or 0.8 ounce $\frac{3}{4}$ oz eq = 17 grams or 0.6 ounce $\frac{1}{2}$ oz eq = 11 grams or 0.4 ounce $\frac{1}{4}$ oz eq = 6 grams or 0.2 ounce
Group B	Oz Eq for Group B
Bagels Batter type coating Biscuits Breads, e.g., sliced whole wheat, French, Italian Buns, hamburger and hot dog Egg roll skins English muffins Pita bread, whole wheat or whole-grain rich Pizza crust Pretzels, soft Rolls, whole wheat or whole-grain rich Sweet crackers, e.g., graham crackers and animal crackers, plain, all shapes ⁴ Tortillas, whole wheat or whole corn Tortilla chips, whole wheat or whole corn Taco shells, whole wheat or whole corn	1 oz eq = 28 grams or 1 ounce $\frac{3}{4}$ oz eq = 21 grams or 0.75 ounce $\frac{1}{2}$ oz eq = 14 grams or 0.5 ounce $\frac{1}{4}$ oz eq = 7 grams or 0.25 ounce
Group C	Oz Eq for Group C
Cookies, plain, including vanilla wafers ³ Cornbread Corn muffins Crackers including filled crackers, e.g., peanut butter or cheese Croissants Pancakes Pie crust (dessert pies ³ , cobblers ³ , fruit turnovers ⁴ and meat or meat alternate pies) Waffles	1 oz eq = 34 grams or 1.2 ounces $\frac{3}{4}$ oz eq = 26 grams or 0.9 ounce $\frac{1}{2}$ oz eq = 17 grams or 0.6 ounce $\frac{1}{4}$ oz eq = 9 grams or 0.3 ounce
Group D	Oz Eq for Group D
Doughnuts, cake and yeast raised, unfrosted ⁴ Cereal bars, breakfast bars, granola bars, plain ⁴ Muffins, all except corn Sweet rolls, unfrosted ⁴ Toaster pastries, unfrosted ⁴	1 oz eq = 55 grams or 2 ounces $\frac{3}{4}$ oz eq = 42 grams or 1.5 ounces $\frac{1}{2}$ oz eq = 28 grams or 1.0 ounce $\frac{1}{4}$ oz eq = 14 grams or 0.5 ounce
Group E	Oz Eq for Group E
Cereal bars, breakfast bars, granola bars, with nuts, dried fruit or chocolate pieces ⁴ Cookies, with fillings or coverings, nuts, raisins, chocolate pieces or fruit purees ³ Doughnuts, cake and yeast raised, frosted or glazed ⁴ French toast Sweet rolls, frosted ⁴ Toaster pastries, frosted ⁴	1 oz eq = 69 grams or 2.4 ounces $\frac{3}{4}$ oz eq = 52 grams or 1.8 ounces $\frac{1}{2}$ oz eq = 35 grams or 1.2 ounces $\frac{1}{4}$ oz eq = 18 grams or 0.6 ounce

¹ To be considered whole grain-rich, the specified quantities of foods in Groups A-G must contain at least 16 grams of whole grain or 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour.

² Some of these grains are high in sugar, salt and fat. This should be a consideration when deciding how often to serve them.

³ Allowed only for dessert at lunch in the National School Lunch Program (NSLP) (no more than 2 ounce equivalents per week).

⁴ Allowed only for dessert at lunch in the NSLP (no more than 2 ounce equivalents per week) and breakfasts in the School Breakfast Program (SBP).

Whole Grain-rich Ounce Equivalents ^{1,2}, continued

Group F	Oz Eq for Group F
Cake, plain, unfrosted ³ Coffee cake ⁴	1 oz eq = 82 grams or 2.9 ounce ¾ oz eq = 62 grams or 2.2 ounce ½ oz eq = 41 grams or 1.5 ounce ¼ oz eq = 21 grams or 0.7 ounce
Group G	Oz Eq for Group G
Brownies, plain ³ Cake, all varieties, frosted ³	1 oz eq = 125 grams or 4.4 ounces ¾ oz eq = 94 grams or 3.3 ounces ½ oz eq = 63 grams or 2.2 ounces ¼ oz eq = 32 grams or 1.1 ounces
Group H	Oz Eq for Group H
Breakfast cereals, cooked ^{5,6} Bulgur or cracked wheat Cereal grains, e.g., barley, quinoa ⁷ Macaroni, all shapes Noodles, all varieties Pasta, all shapes Ravioli, noodle only Rice, brown or enriched white	1 oz eq = ½ cup cooked or 1 ounce (28 grams) dry
Group I	Oz Eq for Group I
Ready-to-eat breakfast cereals (cold dry) ⁵	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = ¼ cup or 1 ounce for granola

¹ To be considered whole grain-rich, the specified quantities of foods in Groups A-G must contain at least 16 grams of whole grain or 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour.

² Some of these grains are high in sugar, salt and fat. This should be a consideration when deciding how often to serve them.

³ Allowed only for dessert at lunch in the NSLP (no more than 2 ounce equivalents per week).

⁴ Allowed only for dessert at lunch in the NSLP (no more than 2 ounce equivalents per week) and breakfasts in the SBP.

⁵ Snacks served to children ages 1-5 in the Afterschool Snack Program (ASP) must follow the serving sizes in the ASP Meal Pattern. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁶ Cereals must be whole-grain, or whole grain and enriched or fortified cereal.

⁷ Examples of cereal grains include amaranth, barley, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries and rolled wheat.



For more information, see the Connecticut State Department of Education's (CSDE) [Menu Planning Guide for School Meals](#) and [Meal Patterns](#) and [Crediting Foods](#) Web pages or contact the [school nutrition programs](#) staff in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This handout is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/crediting/grainsozeq.pdf.

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